



Southwest Cheesecake

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



25

CALORIES



362 kcal

Ingredients

- 0.3 cup butter softened
- 4 ounce chilis green drained chopped canned
- 16 ounce cream cheese softened
- 3 large eggs
- 1 cup guacamole fresh thawed ()
- 8 ounces monterrey jack cheese shredded
- 1 cup salsa thick
- 0.3 teaspoon salt
- 24 ounce cream sour divided

- 1 medium size tomatoes diced seeded
- 1.5 cups tortilla chips blue crushed finely
- 25 servings tortilla chips

Equipment

- frying pan
- oven
- knife
- wire rack
- hand mixer
- springform pan

Directions

- Combine crushed tortilla chips and 1/4 cup softened butter, and press into bottom of a lightly greased 9-inch springform pan.
- Bake at 350 for 12 minutes. Cool in pan on a wire rack.
- Beat cream cheese, shredded cheese, and salt at medium speed with an electric mixer 3 minutes or until fluffy.
- Add 1 container sour cream, beating until blended.
- Add eggs, 1 at a time, beating until blended after each addition. Stir in salsa and chiles.
- Pour over prepared crust.
- Bake at 350 for 40 minutes or until center is almost set.
- Remove pan from oven; let stand 10 minutes on a wire rack. Gently run a knife around edge of pan to loosen sides.
- Remove sides of pan; let cheesecake cool completely.
- Stir together remaining 2 containers sour cream until smooth; spread evenly over top of cooled cheesecake. Cover and chill at least 3 hours or up to 1 day.
- Spread evenly with guacamole; sprinkle with diced tomatoes before serving.
- Serve with tortilla chips.

Nutrition Facts

PROTEIN 8.27% FAT 61.59% CARBS 30.14%

Properties

Glycemic Index:7.28, Glycemic Load:0.41, Inflammation Score:-5, Nutrition Score:7.8873912821645%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 361.67kcal (18.08%), Fat: 25.42g (39.1%), Saturated Fat: 10.7g (66.87%), Carbohydrates: 27.98g (9.33%), Net Carbohydrates: 25.11g (9.13%), Sugar: 2.54g (2.83%), Cholesterol: 69.66mg (23.22%), Sodium: 367.86mg (15.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.68g (15.36%), Phosphorus: 181.53mg (18.15%), Calcium: 159.91mg (15.99%), Vitamin A: 684.38IU (13.69%), Vitamin E: 1.99mg (13.27%), Fiber: 2.88g (11.51%), Vitamin B2: 0.19mg (11.42%), Vitamin K: 11.41µg (10.87%), Selenium: 7.43µg (10.61%), Magnesium: 42.07mg (10.52%), Vitamin B5: 0.89mg (8.9%), Vitamin B6: 0.15mg (7.73%), Zinc: 1.11mg (7.41%), Potassium: 229.78mg (6.57%), Folate: 23.68µg (5.92%), Iron: 0.91mg (5.07%), Vitamin B1: 0.08mg (5%), Vitamin C: 3.67mg (4.45%), Copper: 0.08mg (3.9%), Vitamin B12: 0.23µg (3.83%), Vitamin B3: 0.7mg (3.48%), Manganese: 0.04mg (1.96%), Vitamin D: 0.17µg (1.16%)